

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

FEBRUARY 2023

BUZZELL

SENIOR CENTER

15 SCHOOL STREET
WILMINGTON,
MA 01887

TELEPHONE:

978-657-7595 OR
978-658-2258

MONDAY - FRIDAY

9:00AM - 4:30PM



Department of Elderly Services

Staff Contact Information

Director:

Terri Marciello
TMARCIELLO@WILMINGTON
MA.GOV

Case Manager:

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Senior Clerk:

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MA.GOV

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Assistant Case Worker

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NEWS & UPDATES

Happy February—this is heart month. It is a great month for “Random Acts of Kindness”, reminding your loved ones, just how loved they are with Valentines Day, and a reminder of Heart Health. Since 1963, American Heart Month has been celebrated as a way to educate Americans to join the battle against heart disease. The color **red** in February is not only used for celebrating Valentine's Day, but to bring awareness to heart disease .

We would like to take this opportunity to thank the Wilmington Kiwanis Organization for their great event on Sunday, January 22, 2023. Everyone truly got to relax and enjoy themselves.

This month we are starting our Free Income Tax Program, With the busyness of Tuesdays for the next 2 months—our Town Nurse, Jennifer Pereira, has been extremely accommodating in changing her Blood Pressure Clinic day from Tuesday mornings to Wednesday mornings at 9:00AM for February and March.

Please also take notice that we are having our Movie Day on Monday, February 13, 2023 at 1:00pm— Top Gun “Maverick”.

Lastly, if you could introduce yourself to Mary Kelley, who you will be seeing at the front desk on Thursdays and Fridays while Kelly is on maternity leave with her little one “Riley”. Here is our newest picture



The senior center will be closed on Monday, February 20, 2023
for President's Day.

Home delivered meals recipients: Please note that there will be
no home delivered meals on this date as well.



INCLEMENT WEATHER POLICY



The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No home delivered meals are served and the van will not be available for transportation. The center will remain open for emergencies. Please note that you may receive automated calls from the Senior Center that will appear as (855) 997-7375 and may say Belmont, MA. These are not spam calls and will be recordings with important center information and updates. They may be voice recorded calls or automated calls.





Look for future celebrations as we work towards the completion of the New Senior Center.

kindness

love, help, relationship, care, together, safety, respect, inspire, family, emotion, tenderness, male, senior, safe, inspirational, grandfather, woman, miserable, home, enjoy, happy, trust, elder, conceptual, message, kind, person, gesture, poverty, positive, inspiration, elderly, hug, friendship, child, young, lovely, beautiful, man, health, cute, sick, old, expression, childhood, ethics, quote, unhappy, support, philosophy, unselfishness, things, human, smile, wise, right, wisdom, helpful, people, unstyle, romance, kid, life, quote

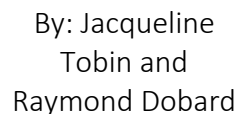
National Random Acts of Kindness Day

February 17

www.NationalDayCalendar.com

A cartoon illustration of a king. He is wearing a gold crown with red jewels and a white robe with a black collar and cuffs. He has a large, pointed nose and a small, smiling mouth. He is holding a large, round, golden plate with both hands, which contains a colorful, multi-layered cake or dessert. The background is a light blue and white checkered pattern.

Gold represents Power



FEBRUARY BIRTHDAYS

Mary Kuckler	Tom Pazyra	Stephen Flynn	Jeanette Valente	Karen West
Al Minervini	Priscilla Cipriani	Helen Moulton	Roslyn Santangelo	Thelma Peters
Toni LaRivee	June Plumer	Walter Moran	David Allen	Tom Walsh
Cindy Jones	Pat Brennan	Joyce Miles	Edward Sousa	
Pat D'Antonio	Gloria Szabo	Charlotte Chenevert	William Tucci	
Josie Ciaccio	Mary Kiesinger	Thomas DeLetter	Joseph Rolando	
Sally Radomski	Richard Wetzler	Barbara Kaveney	Joseph Maiella	

We can't help you blow out the candles on your cake unless you tell us your special day! Call the senior center to confirm your birthday month so that we can mention you in future newsletters!

Cribbage

Mondays @ 1:00PM

Who is interested in getting involved with the new Cribbage group?

This group is led by Jack Cushing

Feel free to bring your boards.



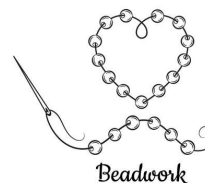
Beading Group

Lead by : Robin Theodos

When: Tuesdays at 10:30AM.

Tuesday, February 7th, 14th, 21st, 28th

Call the center to sign up for this activity.



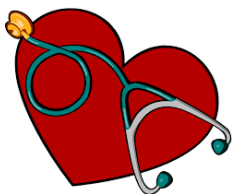
FUEL ASSISTANCE

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2022. Fuel Assistance can help pay part of your home's winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in the application process with

Terri Marciello or Laura Pickett at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Renewal information is currently being sent out. Please feel free to call the center if you have any questions. Also, all copies can be made at the center.

Household Size	Max. Gross Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561

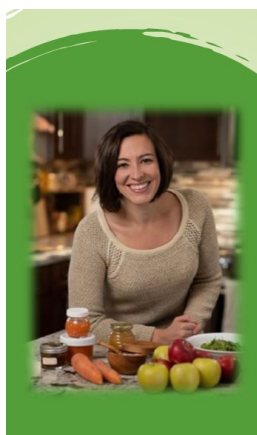


Alert

Jennifer Pereira, RN Blood Pressure Day Has Changed



Due to the Income Tax Preparedness Program,
for the month of February and March the Town Nurse will provide Blood Pressure on
Wednesdays 9:00AM
Starting Wednesday, February 1, 2023



New Class this Month - provided by F-Word Farm

Emily Makrez, Owner of F-Word Farm: a place for farming, foraging and fermenting. Her interest in food took her to Seattle to pursue a master's degree in Nutrition at Bastyr University, but came back to her favorite place New England to start her own farm.

On Wednesday, February 22, 2023 she will be coming to the center to have a one hour class on food preservation. You will learn what vinegar is and the chemistry behind the process. Learn how to turn anything into vinegar, even banana! The class will include a demo on making vinegar, viewing of vinegar "mothers" and tasting of various scarp vinegars. She will also touch on benefits of fermented food and how adding these foods to our diets are benefit to our overall health.

Movie: Monday, February 13, 2023 At 1:00PM (from January Postponement)

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



Caregivers Support Group

Please note that this month's Caregivers Support group is cancelled. The next scheduled meeting will be held on Monday, March 20, 2023 at 10:30AM. Just as a reminder, that anyone caring for a loved one is free to join the group. There is no prior registration required.

If you have any questions, please contact Laura Pickett, case manager, at 978-657-7595.



Save the Date

Friday, March 17, 2023
Officially St. Patrick's Day

Plans are underway for the
Buzzell Senior Center Annual
St. Patrick's Day Event



Massachusetts Senior Circuit Breaker Tax Credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2022 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

Who is eligible

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31 of the tax year.

You must file a [Schedule CB](#) with your [Massachusetts personal income tax return](#).

- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2022, your total Massachusetts income doesn't exceed:
 - \$64,000 for a single individual who is not the head of a household.
 - \$80,000 for a head of household.
 - \$96,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- The assessed valuation of the homeowner's personal residence as of January 1, 2022, before residential exemptions but after abatements, cannot exceed \$912,000.



The [Schedule CB](#) must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file.

For more information, go to:

<https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>



gg71403637 GoGraph.com

UPDATE ON NEW SENIOR CENTER PROJECT



gg71403637 GoGraph.com

Here's what has been happening since our last Update in the November Newsletter

Following the overwhelming support at the Special Town Meeting on November 19, 2022 for the construction of the new Senior Center, the Town Manager has negotiated an extension to the contract for the Owner's Project Manager (OPM) and the architect for the final design and construction services of our project.

On January 11, 2023, the Senior Center Building Committee met with the OPM and architect to review the project schedule and the next steps in the project. Over the next 3 months, the architect will be finalizing design development documents, meeting with town departments, and starting the permitting with Massachusetts DOT for a curb cut permit on Route 38 (Main Street). During this phase, 3D modeling of the building will be used to coordinate the various elements of the building interior including electrical, plumbing, structural, heating and air conditioning.

Over the following 4 months, the architect will be finalizing construction documents that will be suitable for bidding. These documents include detailed specifications and plans. The architect will also be working with town boards and commissions to obtain the necessary permits for the construction.

The next phase of the project is the actual bidding by the contractors. There are 2 steps in the bidding process; the first is filed sub-bids from 10-12 trades; followed by bids from the general contractors.

The project team has set an aggressive schedule for the project. The OPM and architect are looking to start construction this October.

The next Senior Center Building Committee meeting will be on January 25 (virtual).

For February, the tentative schedule is February 8 (in-person) and February 22 (virtual).

This is an exciting time as we move forward toward to bring our new Senior Center to fruition. This is your Senior Center; please continue to stay engaged.



FEBRUARY 2023

MON TUES WEDS THUR FRI SAT

			<div>1</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PM\Bingo—1:00PM</div>	<div>2</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALLY FIT 2:00PM</div>	<div>3</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMCHAIR YOGA 12:30PMPOKER 1:00PM</div>	<div>4</div>
5	<div>6</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PM</div>	<div>7</div> <div><ul style="list-style-type: none">HIKING GROUP 9:00AMDANCE & TONE 9:30AMBeadig 10:30mFUNCTIONALLY FIT 2:00PM</div>	<div>8</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PM</div>	<div>9</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALL FIT 2:00PM</div>	<div>10</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMCHAIR YOGA 12:30PMPOKER 1:00PM</div>	<div>11</div>
12	<div>13</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PMMovie 1:00PM</div>	<div>14</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMHIKING GROUP 9:00AMDANCE & TONE 9:30AMBeadig 10:30AM<div>Valentine's Day Event</div></div>	<div>15</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PMBingo—1:00PM</div>	<div>16</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCOMMISSIONER'S MEETING 1:30PMCERAMICS 1:30PM</div>	<div>17</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMChair Yoga 12:30PMPoker 1:00PM</div>	<div>18</div>
19	<div>20</div> <div>Presidents Day Center Closed</div>	<div>21</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMHIKING GROUP 9:00AMDANCE & TONE 9:30AMBeadig 10:30 AMFUNCTIONALLY FIT 2:00PM</div>	<div>22</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PMF-Farming Class 1:00PM</div>	<div>23</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALLY FIT 2:00PM</div>	<div>24</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMCHAIR YOGA 12:30PMPOKER 1:00PM</div>	<div>25</div>
26	<div>27</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PMBook Club 1:30PM</div>	<div>28</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMHIKING GROUP 9:00AMDANCE & TONE 9:30AMBeadig 10:30AMFUNCTIONALLY FIT 2:00PM</div>				



TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CALL THE CENTER IF YOU ARE IN NEED OF...

- Male or Female Incontinence Products
- Hearing Aid Batteries Size 312
- Nutritional Drinks such as Ensure, Boost and Glucerna

- Puzzles
- Books
- DVDs
- Puzzle Books

COVID UPDATE

With many tools now available for reducing COVID-19 severity, such as availability of vaccine, boosters, and treatment, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic. CDC has updated its guidance for people who know they have been exposed to COVID-19.

- If you were exposed to COVID-19, regardless of your vaccination status: CDC recommends that instead of quarantining, you wear a high-quality mask for 10 days and get tested 5 full days after your last exposure (day 6).
- If you have COVID-19: regardless of vaccination status, you should isolate from others for 5 days. If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you should test on Day 6. If the test is negative, you may end isolation but should continue masking around others and in public. If the test is positive, you should continue to isolate.

Individuals with moderate illness or severe illness or with a weakened immune system, should isolate through day 10 and consult your doctor before ending isolation.